

Spring 2005

The *School Food Services News* is published three times per year (fall, winter and spring) and is available on the School Food Services Web page.



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Click here to contact our staff:

<http://www.dese.mo.gov/divadm/food/staff.html>

National School Lunch Week 2005 October 10-14, 2005



School Lunch is instrumental in keeping a child's mind and body going for the remainder of the day. "School Lunch – It's Instrumental" is this year's theme for National School Lunch Week. Serving a well-balanced lunch to children means more than the food itself. It is part of a child's education and can be a cornerstone to learning in school. Invite your students and community to share in National School Lunch Week. Trumpet to your community and serenade your students about the importance of school lunch during the week of October 10-14, 2005.

School Breakfast Week is March 6-10, 2006. The theme is to be announced.

Two New Food Safety Provisions

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265, Section 111, included a new sanitation provision requiring an increase of food safety inspections from one to two inspections yearly.

Section 111 also requires that schools comply with the Hazard Analysis of Critical Control Points (HACCP) system for food handling and safety. For more information, including a copy of the HACCP Manager Self-Inspection Checklist, go to <http://www.schoolmeals.nal.usda.gov/Safety/FNSFoodSafety.htm#CNP>.

Select Training Lessons and then click on *Serving It Safe, 2nd Edition, A Manager's Tool Kit* and *HACCP Checklist*.

Feeding Children in the Summer

There are three options for feeding children in the summer: the National School Lunch Program (NSLP) and School Breakfast Program (SBP); the Seamless Summer Feeding Option; and the Summer Food Service Program. For more information, visit our Web site: <http://www.dese.mo.gov/divadm/food/> and select Feeding Children in the Summer.

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Important Links

MSFSA Web Site

The School Food Services Web site is linked to the Missouri School Food Service Association's (MSFSA) Web site. Check *Additional Sites of Interest* at the bottom of our home page. For more information about MSFSA, go to their Web site at <http://www.mfsfa.net>.

National Food Service Management Institute

Every year the National Food Service Management Institute (NFSMI) presents satellite seminars in April and October and live interactive teleconferences in January and August. Check the link on our home page under *Additional Sites of Interest*. The NFSMI Web address is <http://www.nfsmi.org>. Click on *Educational Opportunities* for satellite seminar information.

Resource Materials

New educational materials/resources will be provided to the LEA on our Web site: <http://www.dese.mo.gov/divadm/food>. Check the link on our home page under Resource Materials.

Orientation to Child Nutrition Management Seminar

The National Food Service Management Institute (NFSMI) is hosting an Orientation to Child Nutrition Management Seminar June 13-17, 2005, at the University of Mississippi Oxford Campus. This seminar is designed for new and aspiring child nutrition program directors. The registration deadline is May 13. For more information and registration, go to <http://www.nfsmi.org> and click on Workshops and Seminars.

Summer 2005 Training

Remember to register for School Food Services Summer 2005 Training. You can choose from these locations around the state: St Louis, Kirksville, Jefferson City, Cape Girardeau, Farmington, Joplin, Springfield, and Kansas City. You may also choose from the following topics: Customer Service is the Key, Hands on HACCP, Records Class, Local Wellness Policy: New for Schools in 2006, The Reauthorization Act of 2004, Using the 2005 Dietary Guidelines in Menu Planning, and Weighty Issues.

The brochure and registration form can be found online. Go to <http://www.dese.mo.gov/divadm/food>, and select Summer Workshops. The registration deadline is May 21. Hope to see you there.

Record Keeping for the School Meals Initiative: Nutrition Facts Labels and Child Nutrition Labels

Q: What is the School Meals Initiative (SMI)?

A: The Healthy Meals for Healthy Americans Act of 1994 requires that meals served under the National School Lunch Program (NSLP) and School Breakfast Program (SBP) meet the Dietary Guidelines for Americans. In 1995, the Food and Nutrition Service (FNS) of USDA initiated the School Meals Initiative for Healthy Children, which defines how the Dietary Guidelines for Americans and other specified nutrient standards apply to school meals.

Q: What are nutrient standards?

A: Nutrient standards are the minimal nutritional goals by age/grade groups that a school district must meet, when averaged over a school week, for students age 2 years and older. They are based on the Recommended Dietary Allowances (RDA) for specified nutrients, children's calorie (energy) requirements, and the recommendations from the 1995 Dietary Guidelines for Americans. School lunch should provide one-third of the RDA, while one-fourth of the RDA should be provided by school breakfast.

(Continued from page 2)

Q: How is compliance measured for different menu planning options in schools?

A: LEAs are responsible for collecting and maintaining the necessary information to conduct its own nutrition evaluation (under Nutrient Standard Menu Planning options) or to allow the State Agency to evaluate the nutritional integrity of the LEAs menus (under Food Based Menu Planning options).

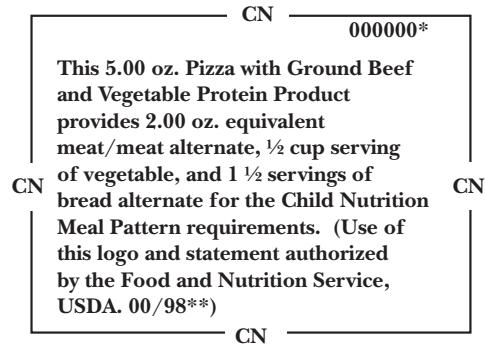
Q: What information is necessary to conduct an analysis of menus?

A: The necessary information schools must collect varies with each menu planning option.

Under Nutrient Standard Menu Planning, schools are required to keep the following records:

- Nutrition Facts Labels
See the FDA Web site under How to Understand Nutrition Facts Labels:
<http://www.cfsan.fda.gov/~dms/foodlab.html>
- Standardized Recipes
See the DESE School Food Services Web site:
http://www.dese.mo.gov/divadm/food/STANDARDIZED_RECIPE.pdf
- Daily and complete production records
See the DESE School Food Services Web site:
<http://www.dese.mo.gov/divadm/food/PDF/Nutrient%20Standard%20Lunch%20-%20Production%20Record.PDF>

Nutrition Facts	
Serving Size 1/2 cup (110g) Servings Per Container about 21	
Amount Per Serving	
Calories 80	Calories from Fat 10
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Cholesterol 10mg	3%
Sodium 350mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 13g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat Less Than 65g	80g
Sat Fat Less Than 20g	25g
Cholesterol Less Than 300mg	300mg
Sodium Less Than 2400mg	2400mg
Total Carbohydrate 300mg	375mg
Fiber 25g	30g



Under Food Based Menu Planning, schools are required to keep the following records:

- All of the information mentioned above for the Nutrient Standard Menu Planning option and,
- Food Based production record prototype
See the DESE School Food Services Web site:
<http://www.dese.mo.gov/divadm/food/PDF/Food%20Based%20Production%20Records.PDF>
- Child Nutrition (CN) Labels or Product Analysis in lieu of a CN Label
See the CN Labeling Fact Sheet on the USDA Web site: <http://www.fns.usda.gov/cnd/CNlabeling/default.htm>

Q: Is there any other information required and/or helpful in conducting a quality analysis?

A: Yes – Product name, code number, package size, portion size, and number of servings per package.

Percent of Menu Planning Options in Missouri Schools	
Traditional Food Based Menu Planning (TFBMP)	34%
Enhanced Food Based Menu Planning (EFBMP)	15%
Nutrient Standard Menu Planning (NSMP)	51%
Assisted Nutrient Standard Menu Planning (ANSMP)	< 1%

Note: All National School Lunch Program records must be kept for a minimum of three years.

Local Wellness Policy

Recognizing the role schools can play in combating problems associated with poor nutrition and inactivity, Congress included in the Child Nutrition and WIC Reauthorization Act of 2004 a requirement that each Local Educational Agency (LEA) participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 establish a local wellness policy by the beginning of the 2006-2007 school year.

At a minimum, the school wellness policy must:

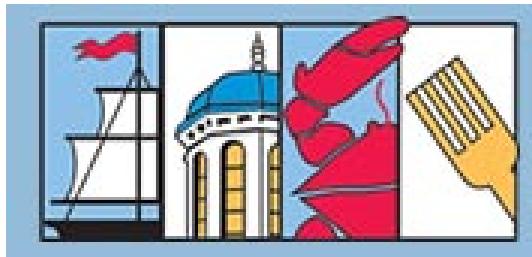
- Include goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness;
- Include nutrition guidelines for all foods available on the school campus during the school day;
- Provide an assurance that guidelines for school meals are no less restrictive than those set by the Secretary of USDA;
- Establish a plan for measuring implementation of the local wellness policy and;
- Involve parents, students, and representatives of the LEA, the school board, school administrators, and the public in development of the local wellness policy.



For more information and assistance with developing a local wellness policy, log onto USDA's Team Nutrition Web site at <http://www.fns.usda.gov/tn>. For additional resources and sample policies, go to the School Nutrition Association (SNA, formerly ASFSA) Web site at <http://www.asfsa.org>, and the National Alliance for Nutrition and Activity (NANA) Web site at <http://www.schoolwellnesspolicies.org/>.

School Nutrition Association Annual National Conference

Baltimore, Maryland, is "The Place for Face to Face" at the School Nutrition Association's 59th Annual National Conference. The conference will be held at the Baltimore Convention Center July 17-20, 2005. It will offer multiple educational opportunities, exhibits, and a chance to experience the many fun things to do in the wonderful city of Baltimore. For information on registration and activities, visit <http://www.schoolnutrition.org/anc05index.asp?id=1068>.



Missouri School Food Service Association Annual Conference

The Missouri School Food Service Association's 2005 Annual State Conference will be at the Hyatt Regency in St. Louis June 29-July 1, 2005. The theme is "Reach Your Peak with School Lunch." For more information, visit <http://www.msfsa.net>. For online registration go to http://www.msfsa.net/pdf/conf_registration.pdf. A reproducible copy of the conference registration forms and agenda is included in this newsletter.



Annual Conference Schedule



For advance reservations:

Hyatt Regency St. Louis, One St. Louis Union Station

Phone 1-800-233-1234 or 1-314-231-1234

MSFSA Room Rates:

Single occupancy \$130.00

Double occupancy \$130.00

Triple occupancy \$155.00

Quadruple Occupancy \$180.00

Wednesday, June 29, 2005

9:00am - 5:00pm	Conference Registration
8:00am - 3:30pm	DESE Summer Workshop
	Golf Tournament
5:00pm - 11:59pm	Exhibitor Setup
3:30pm -5:30pm	House of Delegates (name change and dual membership will be the issues – open to voting members of the Executive Board, Chairman of Standing Committees, Regional Directors, State Past-Presidents, current National Officers residing in the state and delegates from each affiliate Chapter.)
7:00 - 10:00pm	President's Reception – This years theme will be "Reach for Your Peak." Come for an evening of relaxation and fun to kick off this year's conference.

Thursday June 30, 2005

6:30 am	Wellness Walk sponsored by US FOODS
7:00 am - 7:30 am	Continental Breakfast
8:00am - 12:00pm	Registration
8:00am	Opening Session – Welcome, Introduction, Keynote Speaker Shelley Morrison, "What Are We Doing Here Anyway?"
10am - 1:30pm	Exhibits
1:30pm - 5pm	Breakout Session
6:30pm	Banquet – Awards and Installation of Officers

Friday July 1, 2005

8:00am	Breakfast Buffet, awards, final session, Shelly Morrison ("Are We Sending a Mixed Message?"), invitation to 2006 conference, giveaways and door prizes
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The board meeting for the new Executive Board will follow immediately after the closing of the conference.

Annual Conference Registration Form

**"Reach For Your Peak Through School Lunch"
St. Louis, MO June 29 - July 1, 2005**

Please register by May 20, 2005 • Use a separate form for each person
Register online at <http://www.msfsa.net>

Name: _____

Title: _____

Badge Name: _____

SNA Membership Number (if applicable): _____

School District: _____

Spouse's Name (if attending) _____

School Address: _____

Home Address: _____

City: _____ State: _____ Zip: _____

City: _____ State: _____ Zip: _____

Work Phone: _____

Home Phone: _____

Fax: _____

E-Mail: _____

Certified: Yes No

First Conference: Yes No

Buyer: Yes No

House of Delegates: Chapter Representative Officer Committee Chair

Full Conference Registration Includes:

- | | | | |
|-------------------------|------------------------|--------------------|------------|
| • President's Reception | • All Conference Meals | • General Session | • Exhibits |
| • Breakout Sessions | • Banquet | • Awards Breakfast | |

Member of both MSFSA and SNA \$75.00 _____

Member of MSFSA Only \$100.00 _____

Non-Member \$110.00 _____

Banquet Meal Choice(s): Pan Seared Chicken Breast

Roasted Beef Sirloin

Vegetarian

Additional Banquet Tickets: _____ @ \$45.00 _____ \$

Breakfast Tickets: _____ @ \$25.00 _____ \$

Thursday Only Registration Includes:

- | | | | |
|-------------------|---------------------|------------|-------------------------|
| • General Session | • Breakout Sessions | • Exhibits | • No Meals are included |
|-------------------|---------------------|------------|-------------------------|

Member of both MSFSA and SNA \$65.00 _____

Member of MSFSA Only \$85.00 _____

Non-Member \$95.00 _____

Total Amount Due: \$ _____

Total Amount Enclosed: \$ _____

Wednesday, June 29, 2005 DESE Pre-conference Summer Workshop: Separate Registration Form at
<http://dese.mo.gov/divadm/food/PDF/summer training 2005.pdf>

True Manufacturing Factory Tour (Limited to First 25 Food Service Directors, Managers or Supervisors): Yes No

P.O., Check or Credit Card Number: _____ Credit Card Expiration Date: _____

Signature _____

(Required for all attendees)

Make Checks Payable to: Missouri School Food Service Association

Mail to: Beth Varner, Administrative Assistant

2100 I-70 Drive, SW

Columbia, MO 65203

NO REFUNDS AFTER MAY 31, 2005. MSFSA does not issue invoices; please make a copy of this registration form to serve as your invoice. Questions? Call MSFSA at 573-445-0929 or 888-276-4307 or e-mail varner@msbanet.org

For Room Reservation call The St. Louis Hyatt at 800-233-1234. Reservation must be made by May 31, 2005 in order to receive the MSFSA reduced rate of \$130.00. Valet parking is available at the cost of \$18.00 per day and self-parking at the cost of \$12.00 per day.

Bob Boring Memorial Golf Tournament

The Missouri School Food Service Association

Annual 4-Person Scramble

Wednesday, June 29, 2005
8:00 Tee Time

Gateway National Golf Links
18 Golf Drive
Madison, IL 62060
Just Over The Mississippi River On I-70/55
618-482-4653
<http://www.gatewaynational.com>

Entry Fees: FS Employee \$40.00
 Individaul \$75.00
 Hole Sponsor \$200.00

(Includes Green Fees, Cart, and Lunch)

Mulligan Available at Golf Course. Closest to the Flag and Long Drive Contest

Name: _____

Player's Names: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail Address: _____

Number of Players _____ Hole Sponsor _____ Donate Prize _____

**Checks for golf must be separate from conference exhibit fee.
Please make checks payable to MSFSA.**

Mail reservations and check to:
Beth Varner, Administrative Assistant
I-70 Drive Southwest
Columbia, MO 65203
Phone: 888-276-4307
Fax: 573-446-8589

For additional information contact:
Don Smith
Springfield Grocer Co.
1-800-299-4230